



RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec

270 F Street • (619) 409-1930



Norman Park Senior Center

January, February, March 2017

Chair Volleyball: Wednesday, January 18 @ 1 PM

9600.171

Get a little exercise and have a lot of fun! It may be cold outside, but it's time to enjoy summer at Norman Park at our chair volleyball event. This event is free, but pre-registration is required.

Health Fair: Wednesday, January 25 @ 11 AM—1 PM

9600.172

Let's get the new year off to a healthy start! Take advantage of this great opportunity to learn ways to incorporate a more healthy routine into your lifestyle. Get to know organizations and resources at the Health Fair that can help you achieve your health goals and earn a chance to win an opportunity drawing! This event is free and open to the public.

Valentine's Luncheon: Wednesday, February 8 @ 12 PM

9600.173

February is the month of love and friendship! What better way to celebrate than to join Norman Park for an afternoon of Valentine's Day themed fun. Everyone who signs up will enjoy a festive lunch, dessert, and games. Pre-registration is required. This event may sell out so register early!
Fee: \$5 Resident/ \$6 Non-Resident

Stone Soup: Wednesday, February 22 @ 12 PM

9600.174

Come share a cup of soup and hear the story that inspired this funny and heart-warming tradition. Just bring a can of your favorite soup to the main office by the 21st, then join us for a yummy lunch on the 22nd. This event is free, but pre-registration is required.

Potato Bake: Wednesday, March 15 @ 12 PM

9600.175

This spud's for you! We will be hosting our annual potato bake in March. Come enjoy a large baked potato with all the fixings and stay for fun trivia games. Space is limited, so register early.
Fee: \$5 Resident/ \$6 Non-Resident

Register at the front desk or online at chulavistaca.gov/rec

Norman Park Updates

Norman Park Senior Center will be CLOSED:
Observance of New Year's Day: January 2, 2017
Martin Luther King, Jr. Day: January 16, 2017
Cesar Chavez Day: March 31, 2017

To be environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at **www.chulavistaca.gov/rec** or can be sent electronically via email. Please stop by the front desk to add your email to our list.

Calling all Volunteers!

We are looking for front desk & event committee volunteers. If you are interested please come to the main office or call (619) 409-1930. Volunteers must apply online at <https://www.volgistics.com/ex/portal.dll/ap?AP=1699159671>

Commission on Aging

Meets the 2nd Wednesday of every-other-month (January 11 & March 8) from 2:45-4:00 PM in the Conference Room. For more information contact (619) 409-5979.

Interest Lists for New Groups

If you are interested in starting or joining a new group, stop by the main office to put your name and contact information on an interest list. Currently, we have interest lists for a Chess Club as well as an English Conversation Group. Once we get enough people interested in each activity we can then form an official group and find a time and meeting space for them.

COMMUNITY CAFÉ

Come for a free cup of coffee and conversation about how your quality of life could be improved as you age in the Chula Vista community. This event is part of the Healthy Chula Vista Initiative.

DAY	TIME	ROOM	COST
THURSDAY, JANUARY 12th	10:30 AM—11:30 AM	MAIN HALL	FREE



***NEW* COLORING SOCIAL GROUP**

3104.171

Join this friendly and casual group of coloring enthusiasts. Bring your own supplies or use materials provided by the center. Spend some time relaxing and chatting with friends both old and new as you channel your artistic side.

DAY	TIME	ROOM	COST
TUESDAY	10 AM—12 PM	CONFERENCE ROOM	FREE



Knitting & Crocheting Group Announcement

The Knitting & Crocheting Group, which meets Wednesdays from 9:30—11:30 AM (see page 4) is seeking donated yarn to use as they knit for charity. Donations are accepted at the main office.

CHULA VISTA SENIOR CLUB NEWS

Chula Vista Senior Club New Membership begins January 2017.

Please come to the Hostess Desk to sign up or renew.

Membership Fees are \$10/year.

Bingo Every Friday

Time: 12 PM—2 PM

The Chula Vista Senior Club hosts a potluck during bingo the 1st and 3rd Fridays of each month. Please bring a food item to share. Bingo cards are \$.50 each for club members, \$1 for non-members. Come for fun and the prizes!

Bingo with Potluck

Jan. 6, 20; Feb. 3, 17; Mar. 3, 17

Bunco Every Friday

2:30 PM—4 PM

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

2017

SENIOR CLUB BOARD MEMBERS

President: Shirley Dorscher

1st Vice President: Clara Schollian

2nd Vice President: Barbara Holden

Secretary: Sue Hirschel

Treasurer: Joan Vannoy

Live Band Dances

**January 5th, February 2nd, &
March 2nd.**

Time: 1 PM—3 PM

\$4 Per Person

For more info. call (619) 409-1935.

Beverages and light lunch provided.
Tickets sold at the door for the dance.



General Meeting

The Senior Club Board Meetings are scheduled for the 1st Tuesday of each month at 1:00 PM. The General Meetings are afterward at 1:30 PM.

The next meetings are scheduled as follows:

January 3 @ 1:30 PM in Room 6

February 7 @ 1:30 PM in Room 6

March 7 @ 1:30 PM in Room 6

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and therefore requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e)]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

CREATIVE

ART WATERCOLOR 3001.171

Are you interested in learning to paint with watercolor? Would you like to meet and paint with other artists? Then this is the activity for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM—12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP 3002.171

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	6	FREE

CREATIVE WRITERS 3013.171

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.

DAY	TIME	ROOM	COST
Tues.	2:00 PM—4:00 PM	CONF. RM.	FREE

KNITTING & CROCHETING 3022.171

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	7	FREE

EXERCISE & FITNESS

EXERCISE WITH KAY 4018.171

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon./Wed.	8:00 AM—9:00 AM	FULL HALL	FREE

STRENGTH TRAINING 4030.171

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	5:45 PM—6:45 PM	9,10,11	FREE

DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

DAY	TIME	ROOM	COST
Mon. & Wed.	5:30 PM—6:30 PM	6,7,8	Drop-in fee \$3



\$14/\$18 **January** (4730.171)
\$16/\$20 **February** (4730.172)
\$18/\$23 **March** (4730.173)

EXERCISE LONGEVITY STICK 4017.171

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tues./Thurs.	9:00 AM—9:45 AM	PARK	FREE

YOGA 4033.171

Yoga improves cardiovascular health, aids digestion, improves sleep, and lowers blood pressure and cholesterol. This is a gentle class perfect for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Fri.	8:00 AM—9:30 AM	9,10,11	FREE

CHAIR YOGA 4034.172

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	4:15 PM—5:45 PM	9,10,11	FREE

GENTLE YOGA 4035.171

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thurs.	4:30 PM—6:30 PM	9,10,11	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and therefore requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(\$570.201(e)). These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

BEREAVEMENT SUPPORT GROUP 3003.171

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM—12:00 PM	CONF. RM.	FREE

YOUNG AT HEART STORYTIME

Jan.: 5200.171; Feb. 5200.172; Mar. 5200.173

NPSC is hosting a new intergenerational program in which seniors will read stories to preschool aged children. We are currently seeking volunteer readers to help get this program going.

DAY	TIME	ROOM	COST
2nd Tuesday	10:30 AM—11:00 AM	LOBBY	FREE

BOOK CLUB 3100.471

Join a group of book lovers in this fun activity. Each month the group will read a different book and meet to discuss it.

DAY	TIME	ROOM	COST
1st & 3rd Thurs.	1:00 PM—3:00 PM	CONF. ROOM	FREE

PINOCHLE 3026.171

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home—make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—1:00 PM	LOBBY	FREE
Fri.	12:00 PM—4:00 PM	LOBBY	FREE

SPANISH CONVERSATION 3333.171

Brush up on your Spanish speaking skills in our Spanish Conversation group where you'll meet a bunch of friendly people who are learning Spanish and can practice with you.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	CONF. RM.	FREE

MEXICAN TRAIN & OTHER GAMES 3024.171

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM—2:00 PM	LOBBY	FREE

MOVIE MONDAY 3025.171

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained.

DAY	TIME	ROOM	COST
Mon.	1:00 PM—3:00 PM	HALL	FREE

BRIDGE

Mon. (3007.171); Tues. Class (3011.171);

Wed. (3006.171); Fri. (3008.171)

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon. (Bridge Chicago)	12:00 PM—4:00 PM	6	FREE
Tues. (CLASS)	10:00 AM—12:00 PM	6	FREE
Wed.	12:00 PM—4:00 PM	7	FREE
Fri.	12:00 PM—4:00 PM	6	FREE

WORLD AFFAIRS GROUP DISCUSSION 3032.171

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	10,11	FREE

BILLIARDS ROOM TOURNAMENT 3005.171

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

DAY	TIME	ROOM	COST
4th Thurs.	12:00 PM—4:00 PM	ANNEX	FREE

SHUFFLEBOARD 3029.171

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

DAY	TIME	ROOM	COST
Tues./Thurs.	11:30 AM—5:00 PM	ANNEX	FREE

MAH JONGG 3030.171

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles. Both new and experienced players are encouraged to bring a sack lunch to enjoy and join this friendly group for a day of Mah Jongg.

DAY	TIME	ROOM	COST
Fri.	10 AM—3 PM	LOBBY	FREE

SCRABBLE 3789.171

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	12:30 PM—4:00 PM	LOBBY	FREE

CLASSES & ACTIVITIES

INSTRUCTED

BALLROOM DANCE

Jan. (3014.171); Feb. (3014.172); Mar. (3014.173)

This course is designed to introduce students to formal ballroom dance. The instructor will teach the different dance structures, and a variety of dances such as the Waltz, Foxtrot, Cha-Cha and Tango. You don't need a partner. Just come and enjoy!

This class is taught by: Galina Galchenko

DAY	TIME	ROOM
Mon.	1:00 PM—2:30 PM	7 & 8

COST: Month: \$10/Res & \$13/Non-Res
Drop-in: \$3.00/Day



GUITAR LESSONS

Jan. (3019.171); Feb. (3019.172); Mar. (3019.173)

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

This class is taught by: Scott Humphries

DAY	TIME	ROOM
Tues.	11:00 AM—12:00 PM	11

COST
Month: \$21/Res & \$26/Non-Res



LINE DANCE (Advanced/Beginner)

Adv.: Jan. (3015.171); Feb. (3015.172); Mar. (3015.173)

Beg.: Jan. (3016.171); Feb. (3016.172); Mar.. (3016.173)

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advance and Beginner levels!

DAY	TIME	ROOM
Advance Tues.	10:00 AM—10:50 AM	7 & 8
Beginner Tues.	11:00 AM—11:50 AM	7 & 8

COST
Month: \$20/Res & \$25/Non-Res
Drop-in: \$6.00/Day



ENRICHMENT

SINGING INFORMAL

3041.171

Share your talent with other singing seniors in our community! Come and enjoy an informal signing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:00 AM—12:00 PM	ANNEX	FREE

SINGING SENIORS

3042.171

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM—3:30 PM	ANNEX	FREE

BINGO—CV SENIOR CLUB

3004.171

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM
Fri.	12:00 PM—2:00 PM	9,10,11

BUNCO—CV SENIOR CLUB

3009.171

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

DAY	TIME	ROOM
Fri.	2:30 PM—4:00 PM	9,10,11

BUNCO GAME NIGHT—CV SENIOR CLUB

3010.171

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary. Join us for these fun game nights!

DAY	TIME	ROOM
Wed.	4:30 PM—6:30 PM	LOBBY

SENIOR TECH

TECH ONE-ON-ONE

3200.171

Private one-on-one instruction provided on any phone and/or tablet device. Please call the front desk to schedule an appointment. Payment is due the day of class.

WEDNESDAYS

TIME : 3:00 PM—5:00 PM

COST : \$10 per 30 minute session (\$13 Non-Residents)



PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES & ACTIVITIES

TUESDAY MEDITATION

4500.171

Learn techniques to manage and reduce stress, calm your mind, and increase overall awareness in your daily life with this class. Take time for yourself; learn new meditation practices or deepen your practice. Classes will include seated meditation, breath awareness, and mindful movement. **Class is 5 weeks, January 17—February 14, 2017.**

DAY	TIME	ROOM	COST
Tues.	5:30 PM—6:15 PM	10	\$32 / \$40



SOUTHWESTERN COLLEGE SENIOR EXERCISE

4040.171

This SWC extended learning course is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Must register through Southwestern College.

DAY	TIME	ROOM	COST
Tues. & Thurs.	8:00 AM—9:00 AM	FULL HALL	FREE

Fitness Center

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards, and free weights.

COST: January—March \$35/Res & \$44/Non-Res
(4111.171)

One Month: \$15/Res & \$19/Non-Res

(January: 4112.171; February: 4112.172; March: 4112.173)

Fitness Center Hours

Monday/Wednesday/Friday 10:30 AM—2:00 PM

Tuesday/Thursday 8:00 AM—12:30 PM

Evening and Saturday Hours

Monday-Thursday 5:00 PM—7:00 PM

Saturday 8:30 AM—11:00 AM



PEP4PA WITH UCSD (Walking For Fitness)

4615.170

DAY	TIME	ROOM	COST
Tues. & Thurs.	9:30 AM	9 & 10	FREE



The City of Chula Vista has partnered with the National Institutes of Health and the UCSD Health and Family Medicine Department by launching a Walking For Fitness (WFF) program in the effort to improve the quality of life for adults, ages 50+. We currently have thirty-eight participants plus four Peer Health Coaches.

WFF participants meet at the NPSC every Tuesday and Thursday at 9:30am. After a short sharing of ideas or health tips, it's out walking we go. If this sounds like something you would like to participate in, please contact Khalisa Bolling at (858) 534-5726.

The WFF information line is (858) 245-6097.

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

HEALTH AND SAFETY

MEN'S HEALTH DISCUSSION GROUP

3033.171

The men's health discussion is led by Dr. Rosenblatt of Scripps Health Center. Healthy snacks and drinks will be provided!
*This group will meet on the 2nd Monday of every month.

DAY	TIME	ROOM	COST
2nd Monday	12:15 PM—1:15 PM	ANNEX	FREE

BLOOD PRESSURE SCREENING

8200.175

Blood pressure screening is free to everyone. Services provided by a Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st/3rd Fridays	9:00 AM	LOBBY	FREE

AARP SMART DRIVER COURSE

The AARP Smart Driver™ Course is the nation's first and largest course for drivers age 50 and older. We're hoping we can bring back this class pending AARP finding a new instructor.

HEALTH PRESENTATIONS

Anthem Blue Cross

8200.174

DAY	TIME	ROOM
Thursday, February 23	10:00 AM	10

Medicare Basics

- Part A
- Part B
- Benefits and Disadvantages
- How and when to enroll

Beyond the Basics

- Original Medicare
- Medicare Advantage Plans
- Medicare Part D Drug Coverage
- Specific plans and their benefits

Dignity Memorial Pre-Planning Seminar

8200.173

DAY	TIME	ROOM
Thursday, January 26	9:30 AM	10

During our conversation, you will soon discover that planning before a time of need is more about protecting the ones you love, than it is about death.

Scripps Health Talks

These talks are presented by Scripps Mercy Hospital
Chula Vista Well Being Center.

Topic: Skin Health: Love and Protect the Skin You are In

8200.171

DAY	TIME	ROOM
Monday, January 9	10:00 AM	Conf. Room

Our skin changes with age and becomes thinner, no longer looks as plump and smooth as it once did and scratches and cuts can take longer to heal. However, there are things you can do to continue to protect your skin and prevent diseases as well as to make it feel and look healthy.

ActivCare at Rolling Hills Ranch

8200.177

"Knowing the Warning Signs of Alzheimer's"

DAY	TIME	ROOM
Thursday, March 23	10:00 AM	10

During this presentation we will have the opportunity to talk about the warning signs of Alzheimer's. We will also discuss other related dementia experience disruptions in daily life. In addition, 10 warning signs and symptoms will be discussed.

Topic: Bladder Health

8200.176

DAY	TIME	ROOM
Monday, March 13	10:00 AM	Conf. Room

You may not be able to control everything that affects your bladder health but there are many bladder health behaviors that you can adopt and control. Come and learn about the signs, symptoms and treatment options for incontinence and infections and how to keep your bladder healthy.

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Call (619) 420-2782 or visit <http://www.meals-on-wheels.org/> for more information.

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.

Call (619) 729-2772 for more information.

DAY	TIME	ROOM
Support Group (Spanish)		
1st & 3rd Wed.	4:30 PM—6:30 PM	Upstairs Office

"Clase Calma" (Spanish)	Call for dates and times.	Upstairs Office
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CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. Upcoming dates: **January 3, 17, 24; February 7, 21, 28; March 7, 21, 28.**

DAY	TIME	ROOM
1st, 3rd, 4th Tues.	12:00 PM—4:00 PM	9,10,11

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **January 19, February 16, March 16.**

For more information call: President Michael J. Biedenbender (619) 991-0524.

DAY	TIME	ROOM
3rd Thurs.	11:30 AM—2:00 PM	FULL HALL



SPECIAL THANKS

The Norman Park Senior Center would like to extend several special "thank you's" for generous donations to our seniors.

Thank you to **Dignity Memorial** for providing burgers at our Spooktacular Luncheon in October!

www.dignitymemorial.com
753 Broadway
Chula Vista, CA 91910



Thank you to the **Norman Park Senior Club** for re-felting our billiards tables and for donating the funds to get our two pianos tuned!



Thank you to Salvador Hernandez at **Lincoln Heritage Funeral Advantage** for providing the pie at our November Pumpkin Pie Social!

www.funeraladvantage.com
8340 Clairemont Mesa Blvd., Ste. 210
San Diego, CA 92111



Thank you to **Assemblywoman Lorena Gonzalez** as well as **Mayor Mary Casillas Salas** for helping provide turkeys and the fixings to 300 seniors in our community as part of Operation Gobble in November.



OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation Department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Otay Recreation Center

(619) 409-1999

3554 Main Street

Feeling Fit Club for Seniors

Mon. & Wed. 9—10 AM

Free



Loma Verde Recreation Center

1420 Loma Lane

(619) 409-1939

AM Exercise Tuesdays & Thursdays

9—10 AM, \$3 Drop-in fee or a monthly fee

which varies month to month.

Meditation Class

Mondays 6 PM—6:45 PM

10 classes for \$45res/\$55non-res

Session Dates: Jan. 9—March 20

Yoga Class

Saturdays 8 AM—9 AM

\$7 Drop-in or \$56 for 10 classes

Session dates: Jan. 14—Mar. 18

Zumba

MTW 6:30 PM—7:30 PM

\$5 Drop-in fee or a monthly fee which varies month to month.

Loma Verde Pool

1420 Loma Lane

(619) 409-1987

Water Aerobics

Mon./Wed./Fri. 11 AM—12 PM

\$4/class or 10 classes for \$35



Salt Creek Recreation Center

2710 Otay Lakes Rd

(619) 585-5739

Senior Weight Training (Tues. 8 AM—8:50 AM)

\$40 Res/ \$50 Non-Res

10 week session. Taught by Frances Bordenave.

4355.131

Veterans Park Community Center

785 East Palomar

(619) 691-5260

AM Yoga (Mon. & Wed. 9—10 AM)

\$49 Res/\$60 Non-Res

4010.112

Zumba (Tues. 9—9:55 AM)

\$40 Res/\$49 Non-Res

4222.115

Zumba (Thurs. 9—9:55 AM)

\$40 Res/\$49 Non-Res

4222.117

Zumba Combo (Tues. & Thurs.

9—9:55 AM)

\$70 Res/\$86 Non-Res

4222.118



Monteville Recreation Center

840 Duncan Ranch Road

(619) 402-1977

Active Adult Fitness

Thursdays 10 AM—11 AM

\$30 Res/\$38 Non-Res

4410.150

Parkway Community Center

(619) 409-1980

Class is held at the Woman's Center @ 357 G Street

Senior Exercise

Tues. & Thurs. 1 PM—2 PM

Free

4110.165

WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00 AM—9:00 AM COMPUTER CLUB 8:00 AM—12:00 PM ART WATERCOLOR 9:00 AM—12:00 PM SPANISH CONVERSATION 10:00 AM—12:00 PM WORLD AFFAIR GROUP 10:00 AM—12:00 PM BRIDGE CHICAGO 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM MOVIE MONDAY 1:00 PM—3:00 PM BALLROOM DANCE 1:00 PM—2:30 PM (Fee Pg.6) DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg. 4)	SWC EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM PEP4PA w/UCSD 9:30 AM—10:30 AM SINGING INFORMAL 9:00 AM—12:00 PM BRIDGE 10:00 AM—12:00 PM COLORING GROUP 10:00 AM—12:00 PM ADV LINE DANCE 10:00 AM—11:00 AM (Fee Pg.6) BEG LINE DANCE 11:00 AM—12:00 PM (Fee Pg.6) GUITAR LESSONS 11:00 AM—12:00 PM (Fee Pg.6) 1ST, 3RD, 4TH TUES CLUB AMISTAD 12:00 PM—4:00 PM SINGING SENIORS 1:30 PM—3:30 PM CREATIVE WRITERS 2:00 PM—4:00 PM TUESDAY MEDITATION 5:30 PM—6:15 PM (Fee Pg. 7)	EXERCISE WITH KAY 8:00 AM—9:00 AM PINOCHLE 9:00 AM—1:00 PM ARTIST SOCIAL GROUP 9:30 AM—11:30 AM KNITTING & CROCHETING 9:30 AM—11:30 AM MEXICAN TRAIN 12:00 PM—2:00 PM BRIDGE DUPLICATE 12:00 PM—4:00 PM (Canceled on special event days) SCRABBLE 12:30 PM—4:00 PM TECH 1-ON-1 3:00 PM—5:00 PM (Fee Pg. 6) CHAIR YOGA 4:15 PM—5:45 PM BUNCO GAME NIGHT - CV SENIOR CLUB 4:30 PM—6:30 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg.4) STRENGTH TRAINING 5:45 PM—6:45 PM	SWC EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM PEP4PA w/UCSD 9:30 AM—10:30 AM BEREAVEMENT 10:30 AM—12:00 PM 3RD THURS GARDEN CLUB 11:30 AM—2:00 PM 1ST THURS CV SENIOR CLUB DANCE 1:00 PM—3:00 PM BOOK CLUB :1ST & 3RD THURSDAY 1:00 PM—3:00 PM GENTLE YOGA 4:30 PM—6:30 PM	YOGA WITH KAY 8:00 AM—9:30 AM MAH JONGG 10:00 AM—3:00 PM PINOCHLE 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM BINGO - CV SENIOR CLUB 12:00 PM—2:00 PM BUNCO - CV SENIOR CLUB 2:30 PM—4:00 PM BRIDGE 12:00 PM—4:00 PM



Don't forget to mark your calendars!

Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00 PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

January 11 — Olive Garden
585 I Street

February 8 — Black Angus
707 E Street

March 8 — B.J.'s
555 Broadway



CENTER OPERATIONS

FITNESS CENTER HOURS

Mon./Wed./Fri. 10:30 AM—2:00 PM

Tues./Thurs. 8:00 AM—12:30 PM

Evening and Saturday Hours

Mon.—Thurs. 5:00 PM—7:00 PM

Sat. 8:30 AM—11:00 AM

NORMAN PARK STAFF

Sandy Chavez
Stephanie Campos
Caitlin Weston
Carol Verdugo
Heder Dominguez
Vivianne Atkins

Ysabel Jaimes
Adolfo Herrera
Dayanira Heredia
Julian Castruita
Kassandra Hernandez
Maricela Vega

CENTER HOURS OF OPERATION

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

Norman Park Senior Center will be closed:

Observance of New Year's Day: January 2, 2017

Martin Luther King, Jr. Day: January 16, 2017

Cesar Chavez Day: March 31, 2017

